



U.S. Department  
of Veterans Affairs

Connect. It matters.

Friendship. It matters.

Ask the question. It matters.

# Support.

Compassion. It matters.

Listen. It matters.

Family. It matters.



# It Matters.

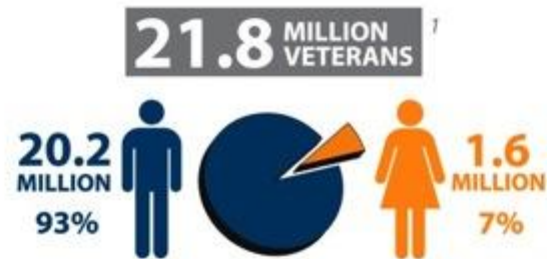
*Because one small act can make  
the difference.*



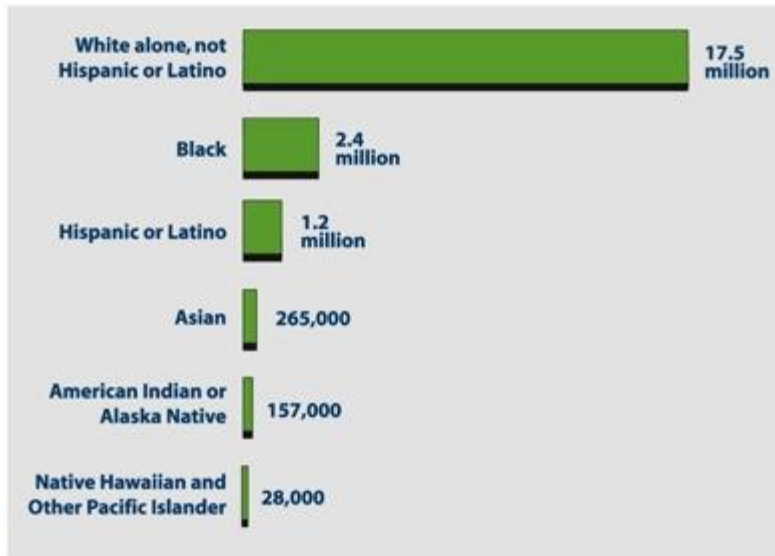
Confidential chat at **VeteransCrisisLine.net** or text to **838255**

## VA SUICIDE PREVENTION OVERVIEW September 2013

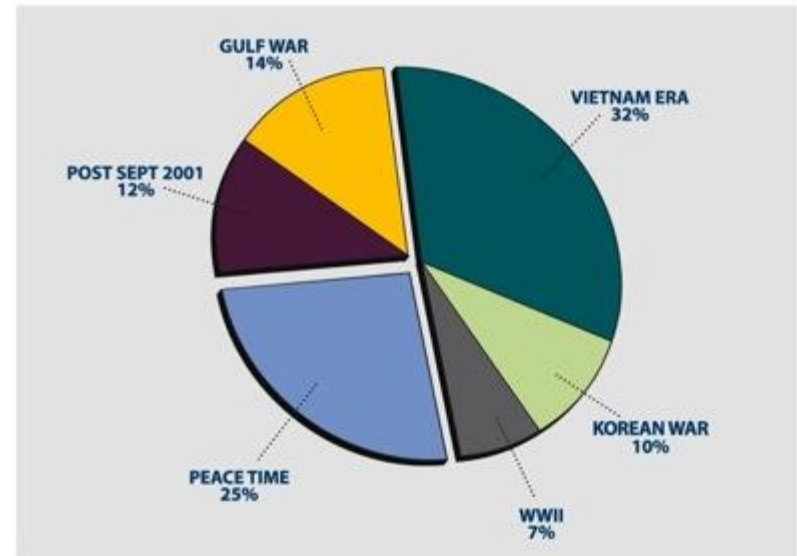
# Veterans today



**Race & Ethnicity**<sup>1</sup>



**Service Era**<sup>2</sup>

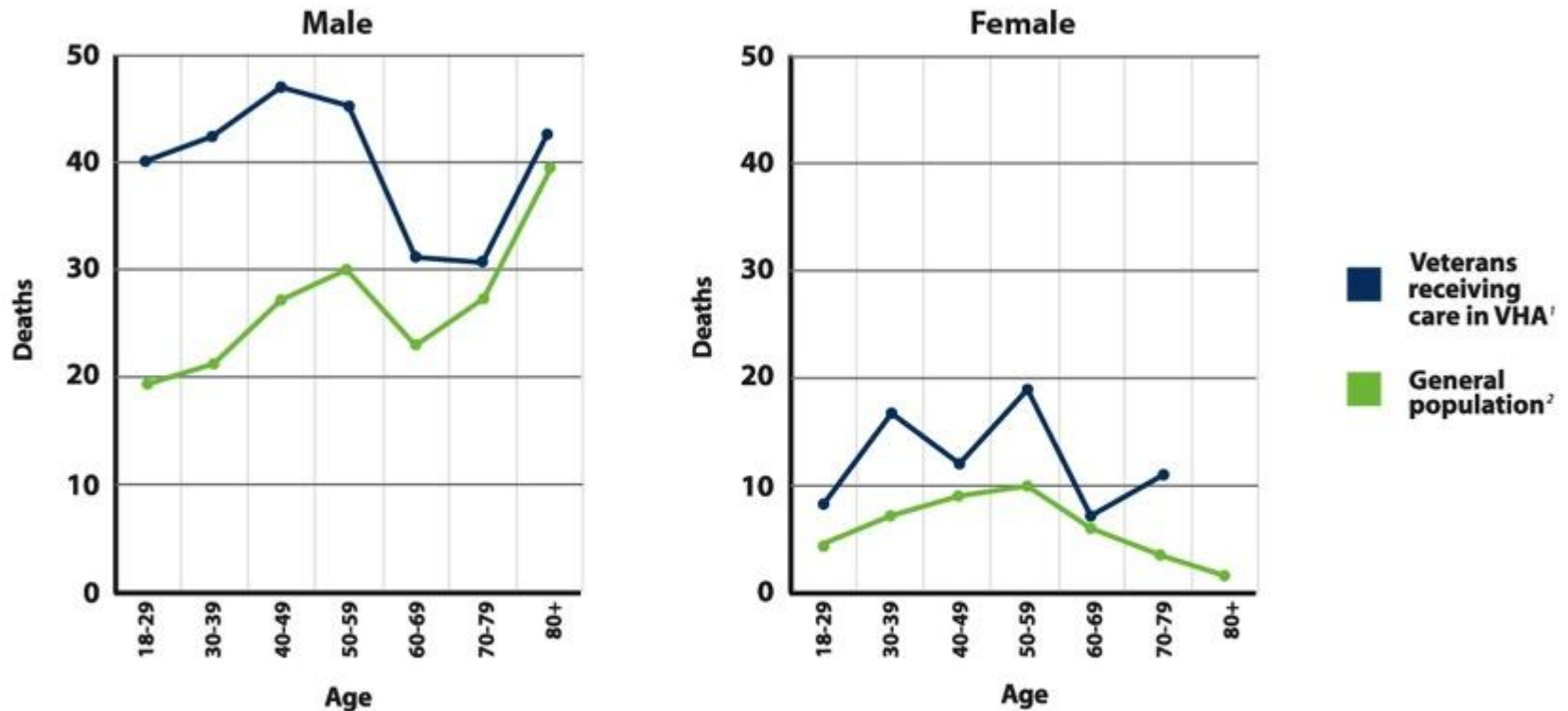


1. U.S. Census Bureau (2010). *American Community Survey*. Retrieved from <http://www.census.gov/how/infographics/veterans.html>.

2. U.S. Department of Veterans Affairs (2012). *VetPop 2007, Table 2L: Veterans by State, Period, Age Group, Gender, 2000-2036 as of 9/30/11; and Table 10L: Veterans 2000-2036 by Gulf War Service, Age, Gender Period as of 9/30/11.*

# Unfortunately, Veterans are more likely to die by suicide than the general population.

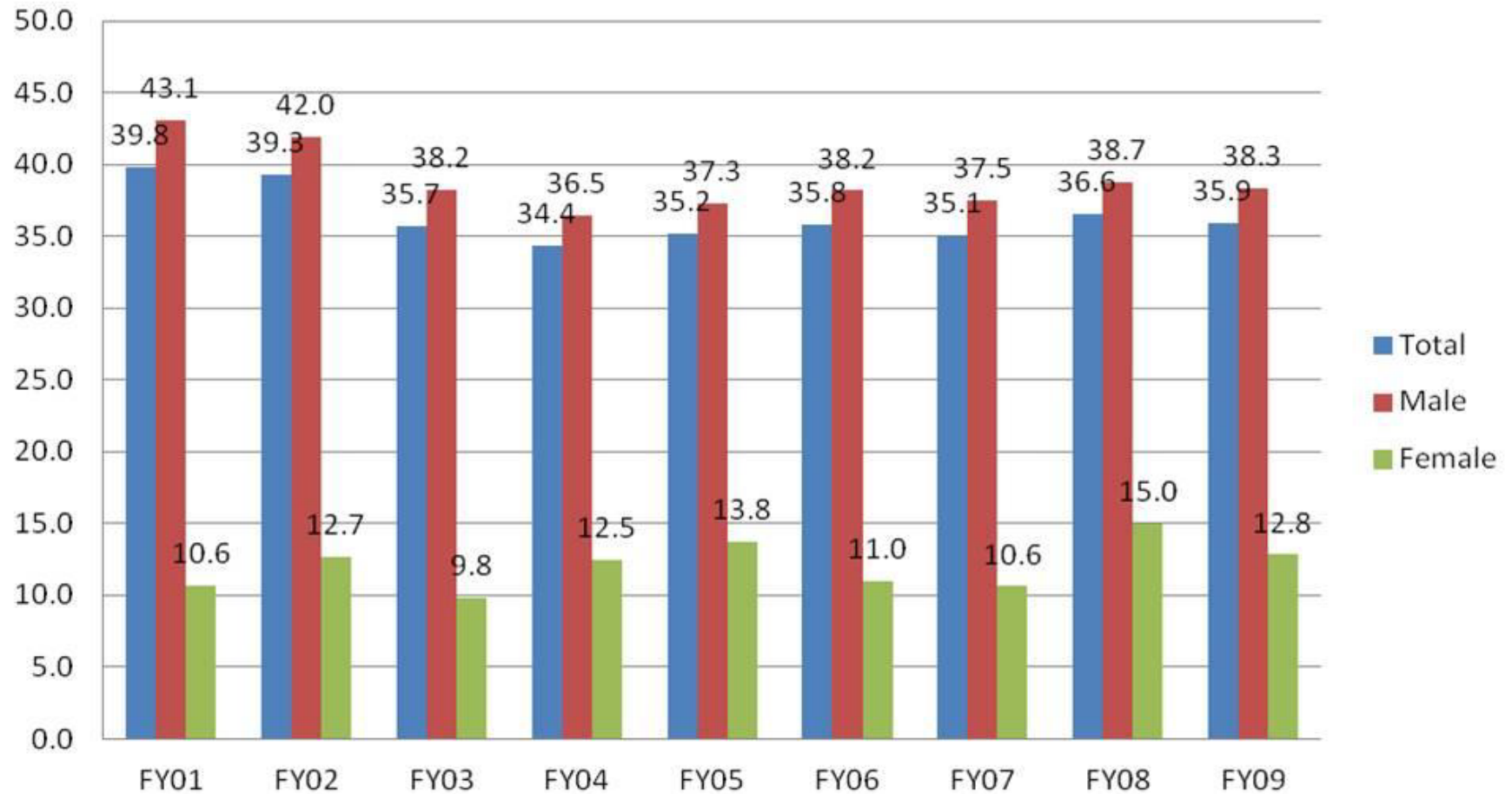
2009 suicide rates per 100,000 population



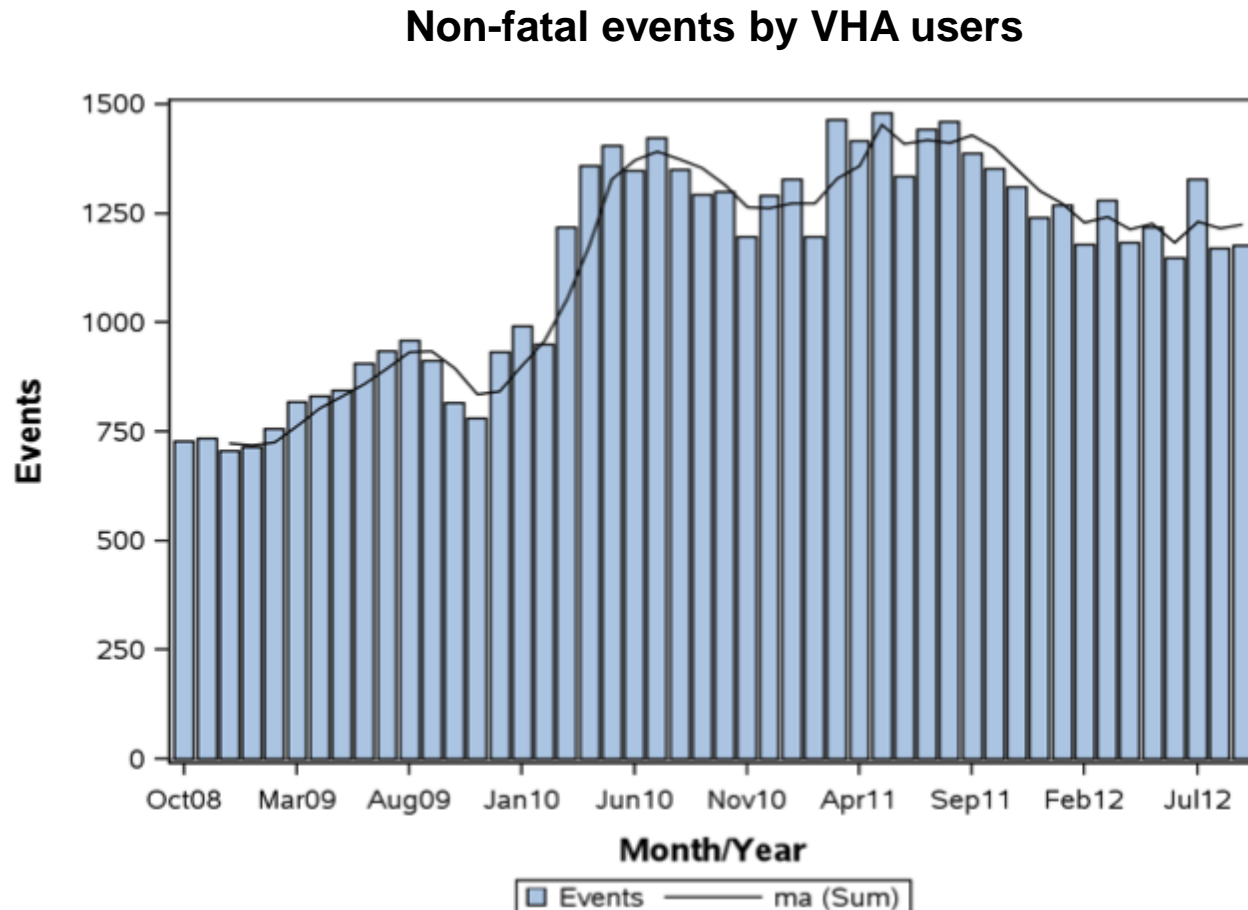
1. Veterans Health Administration National Patient Care Database (VHA NPCD) (2009). *Suicide Rates per 100,000 Among VHA Users by Age and Sex, FY 2001-2009*. Identifies all VHA users, identified as having had VHA inpatient or outpatient services.

2. U.S. Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, Office of Statistics and Programming (2012). *2009 Suicide Injury Deaths and Rates per 100,000*. Data sourced from NCHS Vital Statistics Systems for numbers of deaths, and Bureau of Census for population estimates. Retrieved from: <http://webappa.cdc.gov/cgi-bin/broker.exe>

**Figure 1. Suicide Rates Among VHA Users by Sex and Fiscal Year**



# Preliminary findings suggest a decrease in non-fatal suicide events within VHA.





# VA's integrated approach to suicide prevention

Ready access to quality care



# Free, confidential support 24/7/365

## Veterans Crisis Line

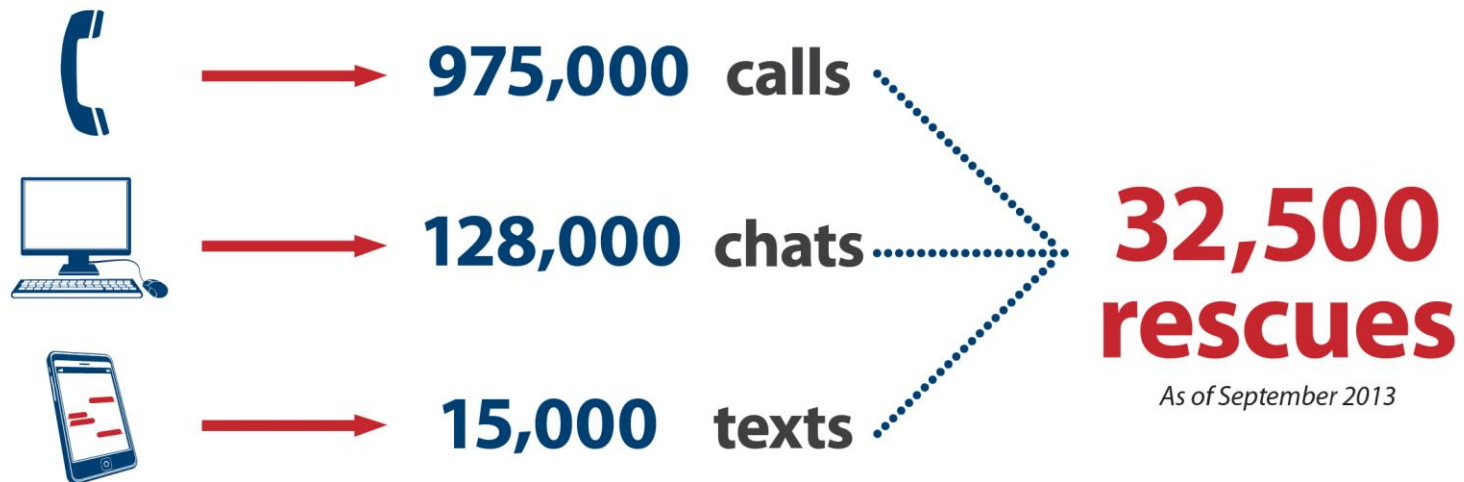
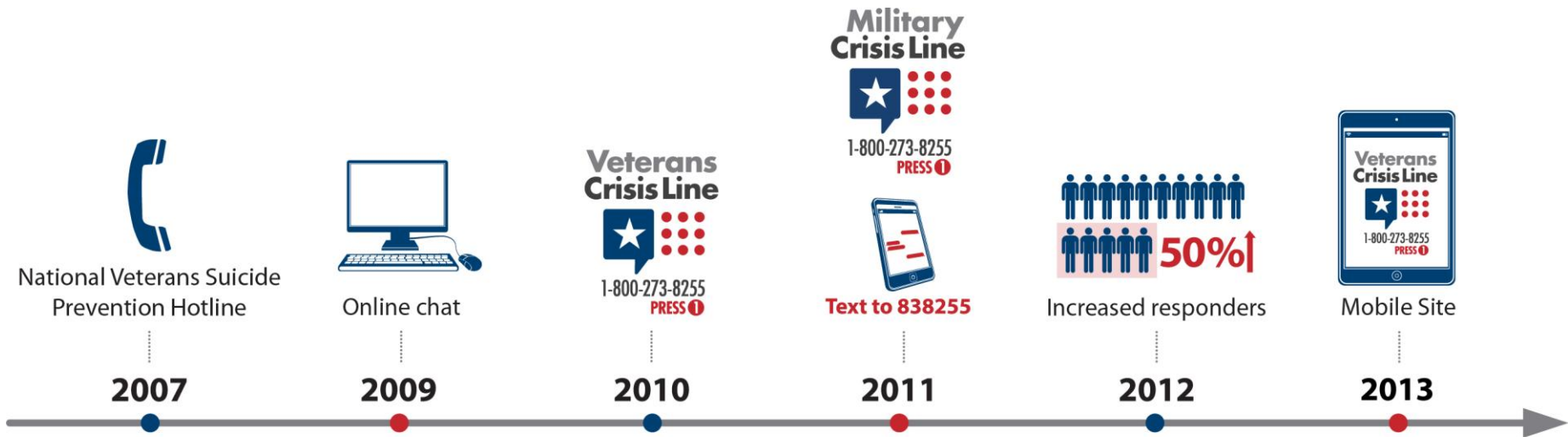


1-800-273-8255  
**PRESS 1**

- Veterans
- Family members
- Friends
- Service members

• • • • Confidential chat at **VeteransCrisisLine.net** or text to **838255** • • • •

# Veterans Crisis Line: 6 years of saving lives





# Trained responders are standing by



Trained mental  
health professionals



24/7/365



Many are Veterans or family  
members of Veterans



• • • • Confidential chat at **VeteransCrisisLine.net** or text to **838255** • • • •

# Suicide Prevention Coordinators

**More than 300 SPCs nationwide**



# Connecting with Veterans and their families through outreach





# Raising community awareness through public service advertising



# Campaign materials

## Brochures and Posters



## Wallet Card



## Coaster



## Magnets



## Tote Bags



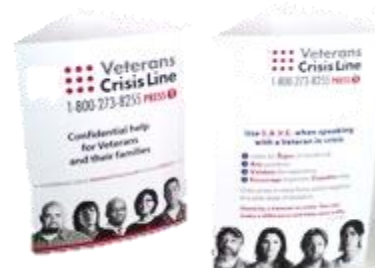
## Kickstand Pads



## Phone Sticker



## Table Tents



## Bracelet



# VeteransCrisisLine.net/SpreadTheWord



**Spread the Word**

You can show support for our Nation's Veterans and their families and encourage them to get the care they've earned. Download Veterans Crisis Line materials and use them to help spread the word about this free and confidential service for all Veterans and their families.

Web ads in a variety of standard sizes are available for use on public and VA websites. You can also download Veterans Crisis Line logos, posters, and other materials to print, hand out, and display in your community.

Share the Veterans Crisis Line with your online network. Like us on Facebook, share the Veterans Crisis Line website and PSA with your friends and followers, or embed a Veterans Crisis Line PSA on your own website.

**Web Ads**

Download a variety of online banner ads and badges to use on your website and link to the Veterans Crisis Line. Banner ads and badges are available in standard sizes approved for VA.gov sites as well as public sites.

**Online Ads, Banners and Badges**  
VA.gov Website Standard Sizes

**Online Ads, Banners and Badges**  
Public Website Standard Sizes

**Print Materials**

Multiple versions of full-color and black and white posters are available for downloading in 11" x 17" formats. You can also download and print your own contact information or event details, a Veterans Crisis Line flyer. Public fact sheets are also available for print.

**Logos**

Include the Veterans Crisis Line logo on your own materials. It's available for download in a variety of formats. Please access and download the Veterans Crisis Line Branding Guidelines for guidance on how to consistently apply the various components of the Veterans Crisis Line brand.

**Veterans Crisis Line Logos**



# VeteransCrisisLine.net/ResourceLocator

## Resource Locator

The Veterans Health Administration (VHA) provides Suicide Prevention Coordinators, general inpatient and outpatient psychiatric services at medical centers and community-based outpatient clinics.



### 1 Select a Resource

- ☒ **Suicide Prevention Coordinators**  
Specially trained Suicide Prevention Coordinators or teams are available at all VA Medical Centers across the country.
- ☐ **Veterans Benefits Administration Offices**  
Veterans Benefits Administration Offices provide services to Veterans seeking benefits related to compensation, pension, vocational rehabilitation, home loans, death benefits, employment, and disability.
- ☐ **Crisis Centers**  
Search for community-based crisis centers in your area.
- ☐ **VA Medical Centers**  
VA Medical Centers offer a range of acute care and community-based outpatient services, including mental health care, diagnostics, homeless and alcohol/drug abuse programs, nursing home and respite care.
- ☐ **Vet Centers**  
Vet Centers provide readjustment counseling and outreach services to all Veterans who have served in any combat zone, as well as their family members.
- ☐ **All**  
See all VA and community-based services in your area.
- ☐ **Outpatient Clinics**  
Community Based Outpatient Clinics (CBOCs) are local VA locations that provide primary care, counseling, laboratory analysis, prescriptions and radiology services.

### 2 Choose Location

Search by Zip Code   OR



### 2 Choose Location

Search by Zip Code   OR

Results for Suicide Prevention Coordinators in zip code 20002

<b>Toles-Lucas, Patricia</b> approx. 3 miles away Washington, DC 20422 P: 202-745-8000x4999 F: 202-745-8169 <a href="mailto:Patricia.Toles@va.gov">Patricia.Toles@va.gov</a>	<b>Stonick, Zita</b> approx. 33.4 miles away Baltimore, MD 21201 P: 410-605-7268 F: 410-605-7771 <a href="mailto:baltimoresuicideprevention@va.gov">baltimoresuicideprevention@va.gov</a>
<b>Jones, Nikole</b> approx. 66.5 miles away Perryville, MD 21902 P: 410-642-2411x5020 F: 410-642-1707 <a href="mailto:perrypointsuicideprevention@va.gov">perrypointsuicideprevention@va.gov</a>	<b>Johnson, Kent</b> approx. 92.8 miles away Wilmington, DE 19805 P: 302-275-5676 F: 302-633-5428 <a href="mailto:Kent.Johnson2@va.gov">Kent.Johnson2@va.gov</a>
<b>Hohner, Richard</b> approx. 97.6 miles away Coatesville, PA 19320-2096 P: 610-384-7711x6843 F: 610-466-2269 <a href="mailto:vhacoanationalhotlinealerts@va.gov">vhacoanationalhotlinealerts@va.gov</a>	<b>Garrison-Dean, Jennifer</b> approx. 100.6 miles away Richmond, VA 23249 P: 804-675-5000x3499 F: 804-675-5678 <a href="mailto:jennifer.garrison-dean@va.gov">jennifer.garrison-dean@va.gov</a>



# Resources

- Mental Health
  - VHA provides specialty inpatient and outpatient mental health services at its medical centers and community-based outpatient clinics. All mental health care provided by VHA supports recovery, striving to enable a person with mental health problems to live a meaningful life in their community and achieve full potential.
  - For more information on VA Mental Health Services visit [www.mentalhealth.va.gov](http://www.mentalhealth.va.gov).
- Vet Centers
  - Vet Centers are VA community based centers that provide a range of counseling, outreach and referral services.
  - For more information about Vet Centers and to find the closest Vet Center to you visit [www.vetcenter.va.gov](http://www.vetcenter.va.gov).
- Community Provider Toolkit
  - VA's Community Provider Toolkit offers Mini-Clinics, an online resource that enables clinicians to easily access information and tools for treating Veteran patients with various mental health conditions. These online "clinics" contain tools for assessing patients for these conditions, training clinicians to treat those patients, and educational handouts.
  - To access the Mini-Clinics and the useful resources they contain, visit <http://www.mentalhealth.va.gov/communityproviders/miniclinics.asp>.

# Resources

- Make the Connection
  - MakeTheConnection.net is a one-stop resource where Veterans and their families and friends can privately explore information about physical and mental health symptoms, challenging life events, and mental health conditions. On this site, Veterans and their families and friends can learn about available resources and support. Visit [www.MakeTheConnection.net](http://www.MakeTheConnection.net) to learn more.
- PTSD
  - Each VA medical centers have PTSD specialists who provide treatment for Veterans with PTSD. For more information about PTSD and to locate the VA PTSD program nearest you visit [www.ptsd.va.gov](http://www.ptsd.va.gov).
  - PTSD Coach App The PTSD Coach application, allows phone users to manage their symptoms, links them with local sources of support and provides information on post-traumatic stress disorder (PTSD). Visit [www.ptsd.va.gov/public/pages/PTSDCoach.asp](http://www.ptsd.va.gov/public/pages/PTSDCoach.asp).

**Additional information and materials available  
at [VeteransCrisisLine.net](https://VeteransCrisisLine.net)**

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VA Mental Health Services (10P4M)

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